



Discovering Our Feelings



Today, I feel lots of things. My tummy feels funny.



When I smile, I feel happy. Happy
feels warm like sunshine.



When I cry, I feel sad. Sad feels like
rain in my eyes.



When I stomp, I feel angry. Angry feels like a roaring lion.



When I hide, I feel scared. Scared
feels like a big shadow.



I can tell someone how I feel. I can say, "I feel..."



My feelings are okay. They help me understand me.



I am learning about my feelings. I can talk about them anytime.

Vocabulary

⇒ ■ Vocabulary:

1. Feelings

- Emotions like happy, sad, or scared

2. Happy

- Feeling good and warm inside

3. Sad

- Feeling like you want to cry

4. Angry

- Feeling like you want to shout or stomp

5. Scared

- Feeling like you want to hide

6. Smile

- When your mouth curves up because you feel good

7. Cry

- When tears come from your eyes because you feel sad

8. Understand

- Knowing why you feel a certain way

Spellings

A: Feelings

B: Fealings

A: Happy

B: Hapy

A: Sad

B: Ssad

A: Angry

B: Angree

A: Scared

B: Scaired

A: Understand

B: Undurstand

A: Someone

B: Sumone

A: Learning

B: Lurning

Comprehension Questions

1. What can you feel when your tummy feels funny?

A: Lots of things

B: Nothing at all

2. How does happy feel?

A: Cold and rainy

B: Warm like sunshine

3. What can you do if you feel sad?

A: Smile and laugh

B: Cry, it feels like rain in your eyes

4. What does angry feel like?

A: A roaring lion

B: A gentle breeze

5. When do you feel scared?

A: When you see a big shadow

B: When you see bright colors

6. What can you say if you want to tell someone how you feel?

A: "I feel..."

B: "I don't care..."

7. Why are your feelings okay?

A: They help you understand yourself

B: They make you confused

8. When can you talk about your feelings?

A: Only when you're happy

B: Anytime

Open-Ended Questions

1. How does your tummy feel when you have lots of feelings?
2. Can you think of a time when you felt happy like sunshine? What happened?
3. What can you do to feel better when you feel sad like rain?
4. How do you feel when you're angry, and what helps you calm down?
5. Who can you talk to when you want to share your feelings?